

The Fleet & Family Support Center

Naval Support Activity Bahrain

The Sands Gazette

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DOMESTIC VIOLENCE AWARENESS MONTH

Ann C. Wilson, Family Advocacy Representative

**Take A Stand
Against Domestic Violence**

**STOP THE
ABUSE**



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In October 1987, the first Domestic Violence Awareness Month was observed. That same year, the first national toll-free hotline was begun. In 1989, the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress.

This year, the Department of Defense, in partnership with the National Domestic Violence Hotline (NDVH), is launching a national public awareness campaign to "Take A Stand Against Domestic Violence." The campaign is designed as an intervention message to educate millions of service men and women, as well as their family members, about domestic violence and provide a vital link to lifesaving services by connecting people to the Hotline. According to Dr. David S.C. Chu, Under Secretary of Defense for Personnel and Readiness, "Domestic violence is a crime that ruins families, weakens communities and undermines military readiness. With this campaign, we are calling on our service men, women and their families to Take a Stand Against Domestic Violence."

The Department of Defense defines domestic violence as an offense under the United States Code, the Uniform Code of Military Justice, or State law that involves the use, attempted use, or threatened use of force or violence against a person of the opposite sex, or the violation of a lawful order issued for the protection of a person of the opposite sex who is: (a) a current or former spouse; (b) a person with whom the abuser shares a child in common; or (c) a current or former intimate partner with whom the abuser shares or has shared a common domicile.

Domestic violence touches the lives of Americans of all ages, leaving a devastating impact on women, men, and children of every background and circumstance... During this month, we rededicate ourselves to breaking the cycle of violence. By providing young people with education about healthy relationships, and by changing attitudes that support violence, we recognize that domestic violence can be prevented.

- President Barack H. Obama

Facts about Domestic Violence

- Domestic violence is a crime.
- Batterers use emotional, psychological, economic and physical abuse to control their victims.
- More than 4 million people are abused by their partners each year.
- Domestic violence can result in serious injury or death.
- Anger, alcohol, drugs and stress are never excuses for abuse.
- Children also suffer when there is domestic violence in the home.
- Domestic violence crosses all socioeconomic, age, gender, ethnic, racial and cultural strata and military ranks.

If you are or someone you know is a victim of domestic abuse, contact the Family Advocacy Program at the Fleet and Family Support Center for assistance. The number to call is 439-9026/4046 (on base) or 17 85 9026/4046 (off base). You may also reach the **National Domestic Violence HOTLINE** at **1-800-799-SAFE (7233)**

PSC 451 BOX 250 FPO AE 09834-0250

Tel: DSN 318 439-4046/COMM 011 (973) 1785-4046

Fax: DSN 318 439-4049/COMM 011 (973) 1785-4049

Smooth Move/ Check Out Seminar

Polly Haag, FFSC RAP Manager

Leaving Bahrain? Concerned about your budget? What about your lease? Need a refresher on entitlements, shipping household goods and vehicles and making travel arrangements?



Your Fleet and Family Support Center offers a monthly *Check Out* seminar to answer all your questions about your upcoming PCS. Representatives from PSD and NAVPTO, PPO, Security, Housing, US Customs, TRICARE, Veterinary Services and FFSC bring the information to you in a two hour class.

Classes are scheduled monthly from 0900-1100 and are held in the Base Chapel. Call 439-4046 to reserve your seat!

Come by the FFSC office, Bldg 267, or contact the Relocation Assistance Program Manager Polly Haag (439-9796) for assistance with all your relocation needs!

COUNSELOR'S CORNER

Susan Cartwright, LCSW



Are you in a Healthy Relationship?

What is a healthy relationship? A healthy relationship encourages partners to share their feelings- the joys and pains. It is that "soft place to land". It is where both partner's needs are being met-physical, emotional, material. A healthy relationship is free from abuse and fosters trust, honesty and respect. Healthy relationships normally have partners who share a common vision, share basic values, shared decision making, are committed, have the other person's interests at heart, but also are individuals with separate friends and interests. Healthy relationships do not develop overnight- they take time and effort from both partners. It should not hurt to be in a relationship.

If you are troubled by your relationship, FFSC offers supportive individual and marital counseling. Call 439-4046 or 1785-4046 to set up an appointment.

Ten Ways That Consumers Can Protect Themselves

Jon Ridgel – FFSC, Financial Educator

- 1. Look at the track record.** Before you buy from unfamiliar companies, check with your state or local consumer agency, the Better Business Bureau, and online complaint forums to see if other people have reported serious problems.
- 2. Hire licensed professionals.** When you're hiring home improvement contractors or other professionals, ask your state or local consumer agency if they must be licensed or registered and how you can check to confirm that they are.
- 3. Pay the safest way.** When you buy goods or services that will be delivered later, pay with a credit card so you can dispute the charges if they don't arrive or aren't what you were promised.
- 4. Use gift cards and gift certificates promptly.** Even well-established businesses can suddenly close or go bankrupt, and it may be impossible to get refunds for the unused balances on gift cards and gift certificates.
- 5. Don't pay in full upfront.** If you are asked for a deposit for home improvement or other services, pay a small amount, never the full price upfront.
- 6. Recognize the danger signs of fraud.** Be suspicious of any requests to wire money; scare tactics or pressure to act immediately; promises that you can borrow, win or make money easily if you pay a fee in advance; and any situation in which someone gives you a check or money order and asks you to send money somewhere in return.

7. Get all promises in writing. Verbal agreements are hard to prove. Carefully read contracts or finance agreements and make sure you understand them before you sign.

8. Seek help for financial problems from legitimate sources. If you're having trouble paying your bills, consult a non-profit consumer credit counseling service. Steer clear of debt settlement services that require most or all of the fees to be paid before any of your debts are settled. If you can't afford your mortgage payments, contact your lender to try to work out a loan modification. If the lender is unresponsive or unhelpful, call 1-800-569-4287 or go to <http://nhl.gov/offices/hsg/sfh/hcc/hcs.cfm> to find a local housing counselor certified by the U.S. Department of Housing and Urban Development. Reject unsolicited offers of help from any company except the lender to whom you send your mortgage payments.

9. Know your debt collection rights. Under federal law you have the right to dispute debts that you don't owe, and many states prohibit action to collect debts after a certain number of years. Federal and many state laws also prohibit debt collectors from calling with annoying frequency, falsely threatening legal action, and discussing debts with people who aren't legally responsible for them.

10. When in doubt, check it out. If you're not sure what your rights are or you think something might be fishy, ask your state or local consumer agency for advice.

NEW MyCAA PROGRAM BEGINS IN OCTOBER

Bonnie S. Linscott, Ombudsman Program Manager

In response to input from spouses and schools, effective Monday, September 13, 2010, spouses with an active MyCAA account may request financial assistance for classes that have a start date up to January 31, 2011 instead of January 15, 2011. However, all requests for financial assistance must be submitted by October 21, 2010.

The following is a timeline of events for current program participants:

Military Spouses With an Active MyCAA Account

1. September 1, 2010 through October 21, 2010: Spouses with an active MyCAA account may request financial assistance up to \$6,000 for classes starting on or before January 31, 2011.
2. October 21, 2010: Deadline/last day for spouses with an active MyCAA account to submit financial assistance documents for classes starting on or before January 31, 2011. Note: The MyCAA portal will be closed October 22-25, 2010.
3. January 31, 2011: Deadline/last day for spouses with a current MyCAA account to begin classes under terms of the current MyCAA program.

The following is a timeline for all Military Spouses:

Implementation of the New MyCAA Program

1. October 22-25, 2010: The MyCAA program will close at 12:01am EST October 22 to ensure the IT infrastructure is in place to implement the new MyCAA program beginning October 25, 2010.
2. October 25, 2010: The MyCAA program will reopen to all eligible spouses under the new program guidelines. All spouses, including those currently participating, will be subject to the new eligibility criteria and revised funding limits below:
 - Spouse of an active duty Army, Navy, Air Force, or Marine service member, or activated Reserve member in pay grades E1-E5, W1-W2, or O1-O2.
 - If the spouse of National Guard and/or AGR member, the sponsor must be on federal Title 10 active duty orders as reported in DEERS.
 - Spouses of Guard/Reserve members in an Alert, Transition Assistance, or Post Deployment status are not eligible.
 - MyCAA accounts will be limited to the new \$4,000 maximum benefit with a \$2000 fiscal year cap. Waivers to the fiscal year cap will be available for spouses pursuing licensure or certification with a cost that exceeds the \$2,000 fiscal year cap up to the total maximum assistance of \$4,000.
 - Spouses must finish their program of study within three years from the start date of the first course.
 - Funding is limited to only Associate's degrees, certifications and licensure programs.

If you would like to have more information on this program please access www.militaryonesource.org.

Cultural Focus: The Proper Treatment of Arabic Woman

Alaa Afifi, ICR Specialist

In the Arab society the nature of interaction between men and women is limited and is very carefully controlled. They must never permit themselves to be alone together, even for a short period. It is improper to shake hands, to be in one room together with the door closed or to go out on a date as a couple. In Saudi Arabia social interaction is restricted completely and "religious police" often question couples who are in a car together or at a restaurant and ask for proof that they are married.

American men must be aware of the restrictions. Arabs quickly gain a negative impression if you behave with too much familiarity toward an Arab woman. They will interpret your behavior and judge that you are a person of low moral standards. If an embarrassing incident involves an American man and an Arab woman, Arabs may feel that the American insulted the woman's honor and her family.



Rules of Etiquette

Listed below are some of the basic rules of etiquette when dealing with Arab women:

- Staring at women is considered rude.
- Men allow women to precede them through doorways.
- Men offer their seats to women if no others are available.
- Men stand when a woman enters a room.
- Women do not shake hands with men.
- When an American man is introduced to an Arab woman, it is the woman's choice whether to shake hands or not; she should be allowed to make the first move.
- If the woman extends her hand to greet you, you may shake her hand; otherwise greeting her with words only is appropriate.
- Do not be surprised if your Bahraini friend does not introduce his wife or daughters.
- Do not compliment your Arabian host on the beauty of his wife, sister or daughter.

Cultural Focus: Jewellery Arabia Show 2010

Sara Al Bob, ICR Specialist

Under the Patronage of His Royal Highness Prince Khalifa bin Salman Al Khalifa Prime Minister of the Kingdom of Bahrain



JEWELLERY ARABIA 2010

The 19th Middle East International Jewellery & Watch Exhibition

Bahrain International
Exhibition & Convention Centre
26 - 30 October 2010

Jewellery Arabia is the largest and most prestigious annual jewellery exhibition in the Middle East, showcasing world famous names and artisan designs from across the globe. Since its inception in 1992, it has provided international jewellery houses with unrivalled direct access to trade buyers and private collectors from throughout this important economic sector.

Held under the patronage of His Royal Highness Prince Khalifa bin Salman Al Khalifa Prime Minister of the Kingdom of Bahrain, Jewellery Arabia consistently attracts over 600 exhibitors from 30 nations; whose exhibits range from incredible finished jewellery to luxury time pieces, to precious stones of every size, shape and cut.

Eminent jewellery houses and watch manufacturers are regular participants, including Audemars Piguet, Cartier, Chopard, De Beers, Graff Diamonds, Harry Winston, Hublot, Patek Phillippe, Piaget and Van Cleef & Arpels amongst many others. These well-known international brands are complemented by the creative gleam of national pavilions from the leading jewellery export countries of Brazil, Greece, Germany, Hong Kong, India, Italy, Thailand and Turkey, and the refined sparkle of the Middle East's finest retailers and manufacturers. Many of these exhibiting companies have an exclusive presence in the Middle East at Jewellery Arabia, affording upwards of 40,000 visitors a unique view of the global market.

When: 26 - 30 Oct 2010 (annual)
Where: Bahrain International Exhibition Centre (BIEC)
Cost: Free
Time: 4pm-10pm; (also 10am-1pm Sat)



Fleet and Family Support Centre, NSA Bahrain,
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Scrumptious Recipes

Pumpkin Dessert



Ingredients:

1. 2 lb **pumpkin**
2. 2 cups **sugar**
3. 1 cup **chopped walnuts**



Procedure:

1. Wash, peel and cut pumpkin in small cubes app. 2".
2. Place them in a baking pan.
3. Sprinkle sugar evenly over pumpkin cubes.
4. Cover the top and bake at 350°F until pumpkins are tender.
5. Remove the cover and bake another 15 minutes.
6. Remove pan from oven and let it cool.
7. Place pumpkin cubes in dessert plates and decorate tops with chopped walnuts.
8. Keep it in refrigerator.
9. Serve with vanilla ice cream or whipped cream.

Bel Hanaa Wal Sheffaa (Enjoy your meal)!

